

Yeast Conversion Table



Baker's Fresh Yeast	Active Dry Yeast	Instant Yeast	Brewers' Yeast
3g	1.5g	1g	2.7g
6g	3g	2g	5.4g
10g	5g	3g	9g
12g	6g	4g	10.8g
15g	7.5g	5g	13.5g
17g	8.5g	6g	15.3g
20g	10g	7g	18g
30g	15g	10g	27g
40g	20g	13g	36g
80g	40g	27g	72g

Active Dry Yeast to Instant Yeast Conversion Table

Active Dry Yeast	Instant Yeast			
1 cup	2/3 cup	10-2/3 tbsp	32 tsp	100g
1 tbsp	0.04 cup	2/3 tbsp	2 tsp	6.3g
1 tsp	0.01 cup	1/4 tbsp	2/3 tsp	2.1g

Baker's Fresh Yeast to Instant Yeast Conversion Table

Baker's Fresh Yeast	Instant Yeast			
1 cup	1/3 cup	5-1/3 tbsp	16 tsp	50.4g
1 tbsp	0.02 cup	1/3 tbsp	1 tsp	3.2g
1 tsp	0.007 cup	0.11 tbsp	0.33 tsp	1.1g